



State of New Hampshire Health Assessment Tool (HAT) Worksheet (January 1, 2013)

Anthem is partnering with Healthways to provide the **Healthy Lifestyles** program and it includes a new Health Assessment Tool (HAT) called "**Well-Being Assessment**". With access to a confidential health assessment, personalized health improvement and customizable wellness resources – all at no cost to you – Healthy Lifestyles makes focusing on your well-being easier and more convenient than ever.

Here is a worksheet that will help you when completing the Well-Being Assessment. You may want to ask your health care provider's assistance in providing you with the following health biometrics, screening tests and immunizations that may be recommended for you. Although you can complete the Well-Being Assessment without providing all the health information, by reporting your current health information, you will receive a more comprehensive Well-Being Report for your own reference and health goals.

Biometrics	Value
Height	
Weight	
Waist Circumference	
Systolic Blood Pressure	
Diastolic Blood Pressure	
Total Cholesterol	
LDL	
HDL	
Triglycerides	
Fasting Glucose	
GGT (Venipuncture only)	

Screenings	Date Received
Physical Exam	
Dental Exam	
Vision Exam	
Pap Smear/Pap test (women)	
Mammogram (women)	
Colonoscopy	
Fecal Occult Blood Test	
Sigmoidoscopy	

Immunizations (vaccine)	Date Received
Pneumonia shot	
Flu shot	

If you would like to print your 2012 Better Health HAT summary to assist you with completing the 2013 Well-Being Assessment, you must do so by **December 31, 2012**.

1. Log in at www.anthem.com.
2. Click on the blue **Health & Wellness** tab at the top of the page, then select "Get Started" below the Better Health icon.
3. Click "Go" in the box with the sunflower.
4. Select "Go to my Health Summary".
5. Select "Print my Health Summary" in the top right section of the page.

Don't forget to collect/and or share the results of your Well-Being Report with your health care provider at your next appointment. To view what preventive health guidelines are recommended for all age groups and gender, visit www.anthem.com and click on the blue health and wellness tab.

Note: Your privacy in taking this assessment is something we take very seriously and is protected by law. Please see the privacy policy located on the Anthem website for details on how they protect your information.